**Strategy Lesson Plan**

**Time: 48 min.**

**1st-3rd Period**

**Co-Teachers:** Spencer Monson and April Hayes

**TPA Approved Lesson Plan Template**

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| **Relevant MN or National Standards** | | |
| 1. Demonstrates competency in motor skills and movement patterns needed to perform physical fitness activities.  2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities, more specifically strength training and conditioning. | | |
| **Desired Results** | | |
| **Co-Teaching: List the co-teaching style you’ll be using and why you have chosen this co-teaching method.**  -Teaming is the main method we have chosen because it is important to students to hear the skills from both instructors. We also both have our strengths within teaching different skills.  -One teaching and one assisting will also be incorporated into this lesson because as students are being instructed by one teacher the other will go around to help with individual work. | **Learning Objective: Key Understanding(s) you intend students to obtain:**  - Students will be able to use a variety of physical fitness activities to improve fitness. | |
| **Assessment Evidence** | | |
| **What do you want your students to know?**   * In order it get full benefit out of the activities they must put forth effort while staying under control and safe. * Performing such activities are increasing overall fitness, more specifically endurance, agility, stamina, strength, etc. | **What do you want students to be able to do?**   * Medicine ball twist: stand back to back with one another while engaging abdomens by twisting back and forth handing the medicine ball to their partner. * Jump rope: Jump rope two feet same time. * Plank w/ chest press: get into plank position with weights (8-12 pounds) in hands be sure to keep back flat and abs tight. Then pull weight to chest alternating hands. * Lunges: take a large step forward making sure the knee is directly over the foot then use back foot to push body back up and repeat with opposite leg. * Free weight “T” holds: place a weight in each hand (8-12 pounds) hold them directly lateral, squeezing scapulas and engaging shoulders. * Moon jumps: start in a standing position then jump upward land softly toes to heel. Crouch down and plant hands under shoulders then kick legs out and back in. From crouching position stand back up and start again from standing position. * Triceps dips: Sit on box with hands facing forward. Walk legs out till butt is moved off the box then bend at the elbow slowly lower oneself to the ground, about 90-degree elbow. Flex triceps and bring body back up. * Quick sprints: sprint from line to line. * Mountain climbers: get in push-up position then alternating moving legs forward like climbing stairs. * Eagle holds: start standing cross one leg over the other and twist legs so they facing the same way as the foot crossed over. Then squat down make sure torso and shoulders are still straight, facing forward. Raise arms laterally and hold. * Ladder: Start on end of ladder moving through each foot in every space, both feet in then both feet out, * Push- up high fives: get into push-up position directly in front of your partner alternate hands while high-fiving your partner. * Ball roll shuffle: between you and your partner you will roll a ball back and forth shuffling to the ball stopping it with one hand and rolling it back. * Calf raises: stand on toes and raise body up and down slowly only using toes to lift body weight. * Yoga ball squats: between you and your partner you get one yoga ball, squat down with it then throw it to your partner. * Sit-ups on yoga ball: sit on a yoga ball roll back on ball and do a sit-up. | |
| **Group Accountability (Formative Evaluation)**  **How will you check to see whether your class has met your learning objectives?**  - Person to person observation  - Demonstrate abilities in stations.  - Student evaluation of main point of lesson plan. | **~~Individual Accountability (Summative Evaluation)~~** | |
| **Learning Plan** | | |
| **What key vocabulary/language will students need to know to meet the learning objective?**   * Reps: how of times to do lift in one time. * Set: amount of times to do the lift. | **How will you teach this key vocabulary to enable students to meet the learning objective?**  Key vocabulary will be used in instruction, on the station labels, then through demonstration and feedback from students. | |
| **What is/are the Essential/Guiding Question(s) for this Lesson? (It should correlate to your learning objective.)**  -How can you use what you learn today about strength training in your life?  -Why is it important to put forth effort in stations or anytime? | **~~How will you differentiate for all the learners~~.** | |
| **Materials Resources Required:** gym space, 3 yoga ball, 2 medicine ball, 2 jump ropes, 8 8-12 pound weights, 2 boxes, ladder, 2 cones. | | |
| **SCHEDULE OF ACTIVITIES** | | |
| **Method/Strategy**  (What will you do? What do you expect students to do? Include set induction and closing.) | | **Time Allotment** |
| Change for class | | 5 minutes |
| Warm-up: (April) High-knees, 40 jumping jacks, spider-man lunges, arm swings. | | 3 minutes |
| Intro to lesson: Go through each station describing and showing what to do. Focus on putting forth maximum effort. (Spencer and April)   * Medicine ball twist: stand back to back with one another while engaging abdomens by twisting back and forth handing the medicine ball to their partner. * Jump rope: Jump rope two feet same time. * Plank w/ chest press: get into plank position with weights (8-12 pounds) in hands be sure to keep back flat and abs tight. Then pull weight to chest alternating hands. * Lunges: take a large step forward making sure the knee is directly over the foot then use back foot to push body back up and repeat with opposite leg. * Free weight “T” holds: place a weight in each hand (8-12 pounds) hold them directly lateral, squeezing scapulas and engaging shoulders. * Moon jumps: start in a standing position then jump upward land softly toes to heel. Crouch down and plant hands under shoulders then kick legs out and back in. From crouching position stand back up and start again from standing position. * Triceps dips: Sit on box with hands facing forward. Walk legs out till butt is moved off the box then bend at the elbow slowly lower oneself to the ground, about 90-degree elbow. Flex triceps and bring body back up. * Quick sprints: sprint from line to line. * Mountain climbers: get in push-up position then alternating moving legs forward like climbing stairs. * Eagle holds: start standing cross one leg over the other and twist legs so they facing the same way as the foot crossed over. Then squat down make sure torso and shoulders are still straight, facing forward. Raise arms laterally and hold. * Ladder: Start on end of ladder moving through each foot in every space, both feet in then both feet out, * Push- up high fives: get into push-up position directly in front of your partner alternate hands while high-fiving your partner. * Ball roll shuffle: between you and your partner you will roll a ball back and forth shuffling to the ball stopping it with one hand and rolling it back. * Calf raises: stand on toes and raise body up and down slowly only using toes to lift body weight. * Yoga ball squats: between you and your partner you get one yoga ball, squat down with it then throw it to your partner. * Sit-ups on yoga ball: sit on a yoga ball roll back on ball and do a sit-up. | | 12 minutes |
| Do stations: each station will be 55 seconds long the students will rotate through all 16 stations (Map below) while teachers help with questions and how to do the activity with proper form. | | 15 minutes |
| Closure: Discussion of activities we did and why it’s important. And fill out evaluation. | | 5 minutes |
| Change back | | 5 minutes |

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| Medicine ball side twists | Mountain climbers |
| Jump rope | Eagle holds |
| Plank w/ chest press | Ladder |
| Lunges | Push-up five |
| Free weight T holds | Ball roll shuffle |
| Moon jumps | Calf raises |
| Tricep dips on box | Yoga ball squats |
| Quick sprints | Sit-ups on yoga ball |

Gym layout of stations